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I wanted to share my story. In April 2010, I had a mammogram and as usual it required additional pictures. I had previously talked to my Primary Care Physician and told him if more pictures were required this time, that I wanted his ok for me to have a breast biopsy. The radiologist agreed it was time. So, I had a biopsy and the resulting diagnosis made my Primary Physician request another biopsy, this time with a surgeon. In May 2010, I had my 2nd biopsy. A bigger incision was made to be able to collect more tissue to run tests on. This time, my world would change forever. The diagnosis was stage zero breast cancer. I needed 6 ½ weeks radiation 5 days a week. The prognosis was good however, since the cancer was caught so early.

I believe you should always follow your gut feelings, and argue with a doctor if you have to; you know your body best. While I was feeling the sickness from the radiation, I made a promise to myself that when I finished my treatments, I would lose weight, exercise more regularly, and drastically change my eating habits.

What people need to know is that vitamin deficiency, poor eating habits and many diseases CAN be turned around for the positive with diet and exercise and with positive support. I didn't wallow in self-pity over having cancer, and let it control my life, I found a way to go on and live life. Losing was not an option for me. I wanted to live, to be with my husband, my children and my grandkids. I have now been in remission about 18 months.

When my family saw the results from my lifestyle changes with eating and exercise, it influenced them to lose weight and join a gym as well. My husband has lost 80 lbs. and has 20 more to go. My daughter has lost 25 lbs. and still losing, and my son has lost 25 lbs. simply by giving up drinking pop. This is a permanent lifestyle change. I think everyone should take responsibility for your life. Food is fuel for the body and exercise gets easier and easier if you start with baby steps.

Your health is your most prized possession. I hope this inspires others to believe that it's within your own power to turn disease and obstacles around through diet and exercise. Do it for you. Educate yourself, ask for support, and utilize the many avenues out there to help.

